



MANGO CUCUMBER SOUP

Sweet, ripe mangos are the basis for this refreshing and quick chilled summer soup. It's a no-stove recipe that's perfect when outdoor temperatures rise.

Preparation time: 30 minutes, plus 2-3 hours to chill soup

Serves: 4

INGREDIENTS:

- 2 ripe mangoes, divided
- 1 English cucumber, divided
- 2 tbsp chopped onion
- 1 jalapeño pepper, finely diced (optional)
- Juice from one fresh lime
- ½ cup water
- 2 6-oz containers plain, non-fat Greek yogurt
- ¼ cup fresh chopped cilantro

DIRECTIONS:

1. Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
2. Slice off ¼ of the cucumber and chill for use with garnish. Coarsely chop remaining ¾ of the cucumber.
3. Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée until smooth.
4. Blend in yogurt. Chill until ready to serve.
5. About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

Serving Suggestions:

Serve with 8 fl oz (1 cup) 100% apple juice.



Food Group Amounts

Dairy ½ cup

Fruits 1 cup

Vegetables ¾ cup

Grains --

Protein --

Nutrition Facts

Serving Size (378g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 28g

Protein 11g

Vitamin A 40% • Vitamin C 120%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		360g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



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